

Let it out

3 Feet Smaller

This is my third breakdown this week
Want to tell you why, but I can't speak
Wanna stand up, but I'm too weak
Wanna run, can't move my feet
Not able to say what I please
Stopped my emotional release
Locked everything inside myself
But not saying a word won't solve my case
Don't act just like me

Sing, if you feel like singing
Scream, if you feel like screaming
Wail, if you feel like wailing
Just let it all out
Laugh, if you feel like laughing
Cry, if you feel like crying
Yell, if you feel like yelling
Just let it all out

I swallow all my problems now
Keep em inside, won't let em out
I know I will explode one day
You better not stand in my way (when this happens)
Not able to do what I please
Stopped my emotional release
Locked everything inside myself
But not doing anything won't solve my case
Don't act just like me

Sing, if you feel like singing
Scream, if you feel like screaming
Wail, if you feel like wailing
Just let it all out
Laugh, if you feel like laughing
Cry, if you feel like crying
Yell, if you feel like yelling
Just let it all out

Whatever's on your chest, shout it out
Be loud, so that everybody hears you when you speak, it all-out
The biggest mistake that you can make is not to say what's on your mind
Just shout it out and everything's fine
But some people won't always share your opinion
So if someone says the opposite of what you think, ignore him
Life is just about solving problems
To be at sixes and sevens with your friends
But who cares, shit happens

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